

Dry

Ashton Leisure Centre

Accurate as of 11/08/2024

Times for Saturday 17 August



Time	Session	Facility
08:15 - 09:00	RPM - Virtual	Cycle Studio
09:00 - 10:00	Circuits	Sports Hall
10:00 - 10:45	RPM	Cycle Studio
10:15 - 10:45	Core Conditioning	Studio 1
11:30 - 12:30	Body Pump - Virtual	Studio 1
15:00 - 15:45	RPM - Virtual	Cycle Studio